

Roast Turkey

Servings: 12

Diet: Gluten-Free

Ingredients

- ½ cup oil
- 1 bunch fresh sage or rosemary, chopped
- 1 cup fresh parsley, chopped
- 1 teaspoon salt
- ½ teaspoon black pepper
- 10-12 pound turkey or whole chicken, fresh or thawed
- 1 bunch fresh thyme
- 1 medium apple, halved
- 1 medium onion, quartered
- 1 head of garlic

Instructions

STEP 1: Preheat the oven to 350°F. In a small bowl, mix the oil, sage or rosemary, parsley, salt and black pepper.

STEP 2: Remove the giblets from the turkey cavity. Remove any excess fat and leftover pinfeathers. Pat the outside dry.

STEP 3: Place the turkey in a large roasting pan. Stuff the cavity with the thyme, apple, onion and garlic. Brush the outside of the turkey with the oil mix.

STEP 4: Roast the turkey about 2 ½ hours or until the juices run clear when cut and hits 165°F. Remove the turkey and cover with aluminum foil. Let rest for about 30 minutes.



- **Reduce Food Waste:** When using fresh soft herbs, use the stems, too - they have the same flavor as the leaves with added crunch!
- **Nutrition Boost:** Serve it with your favorite salad and roasted vegetables.
- **Try this!** Use leftover turkey in sandwiches, soups and salads.



Per Serving: 640 Calories | 5g Carbs | 2g Sugar | 1g Fiber | 30g Fat (7g Sat Fat) | 82g Protein | 620mg Sodium
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